

# DINNERLY



## Greek Beef Pasta Bake with Melted Feta



30 minutes



2 Servings

Dive into this simple take on the Greek pasta bake, pastitsio. We've replaced the traditional bechamel sauce with a melted feta topping for ultimate comfort dining.



### WHAT WE SEND

- 1 spring onion
- 50g feta <sup>7</sup>
- 200g macaroni pasta <sup>1</sup>
- 5g cumin and coriander spice blend
- beef mince
- 400g diced tomatoes

### WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs olive oil
- 1 tbs tomato paste
- 1 tbs sugar

### TOOLS

- medium saucepan
- medium deep frypan
- 1L (4 cup) baking dish

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Gluten (1), Milk (7). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 999kcal, Fat 45.3g, Carbs 92.7g, Proteins 56.6g



#### 1. Prep ingredients

Preheat the oven to 200C. Bring a medium saucepan of salted water to the boil for the pasta. Thinly slice the **spring onion**, keeping the white and green parts separate. Crush or finely chop **2 garlic cloves**. Crumble the **feta** into a bowl, add **1 tbs olive oil** and mash with a fork until combined and slightly chunky (see Kitchen 101).



#### 2. Cook pasta

Cook the **pasta** in the pan of boiling water for 6 mins. Reserve **250ml (1 cup) cooking water**, then drain the pasta.



#### 3. Brown beef

Meanwhile, heat **2 tsp olive oil** in a medium deep frypan over medium-high heat. Cook the **garlic, white part of the spring onion** and **cumin and coriander spice blend**, stirring, for 1-2 mins until softened. Add the **beef mince** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned.



#### 4. Add pasta

Add the **tomatoes, reserved cooking water, 1 tbs tomato paste** and **1 tbs sugar** to the beef mixture and cook, stirring, for 1 min or until combined. Taste, then season with **salt and pepper**. Stir in the **pasta**, then remove the pan from the heat.



#### 5. Bake and serve up

Transfer the **pasta mixture** to a 1L (4 cup) baking dish. Dot the **feta mixture** over the top and bake for 10 mins or until the feta is melted and golden and the pasta is warmed through. Divide the **pasta bake** among bowls and scatter over the **remaining spring onion**. Enjoy!



#### 6. Kitchen 101

Mashing the feta with olive oil makes it easier to dot over the surface of the pasta mixture before baking.